

EAST WINDSOR SENIOR SERVICES EVENTS & ACTIVITIES

NOVEMBER, 2012















Monday

Tuesday

Wednesday

Thursday

Friday

<p>NOVEMBER IS NATIONAL DIABETES AWARENESS MONTH!</p> 			<p>1</p> <p>Foot Care Services 9:00 - 1:00 Free Blood Pressure and Sugar Screening 10:00 a.m. Tai Chi 10:30 - 11:30</p> <p>Mature Drivers Screening 9:00 - 2:00 SENIOR CLUB MEETING 1:00-3:00</p>	<p>2</p> <p>Foot Care Services 9:00 - 1:00</p> <p>Honor Veterans Cake, Coffee & Stories 12:30 - 2:00</p> <p>REMEMINDER Turn your clocks back Daylight Savings Begins Nov. 4th</p> 
<p>5</p> <p>Shopping - Walmart/Big Y Plaza 9:00 - 11:00 ACTIVE CLASS 10:30 - 11:15 Cribbage & Card Games 10:30 - 12:00 Knit, Tat & Chat 12:30 Wii Bowling 12:30 - 1:30 Art Classes 12:30</p>	<p>6</p> <p>Walking Club Shenipsit State Forest 10:00 - 11:30 Coffee & Sharing with Sr. Center Team 10:00 - 10:30</p>  <p>Chair Yoga 12:30 ELECTION DAY!</p>	<p>7</p> <p>Shopping at Geissler's 9:00 ACTIVE CLASS 10:30 - 11:15 Warehouse Point Library 1:00 - 2:00 Cribbage & Card Games 10:30 - 12:00 Wii Zumba with Melissa 12:30 - 1:30 Wii Tournament vs. Windsor at Windsor 12:30 - 2:30</p> 	<p>8</p> <p>Tai Chi 10:30 - 11:30</p> <p>Mature Drivers Screening 9:00 - 2:00</p> <p>BINGO 12:30 - 2:00</p>	<p>9</p> <p>Better Connecticut 8:30 - 12:00 Presentation by Janice Stasinski "Homemade Jewelry" 11:00 - 12:00 Mobile Food Share 1:45 - 2:30 Reminder - Tri-Town Travelers Trip to NYC Sat. Nov. 10th</p> 
<p>12</p> <p>CENTER CLOSED VETERAN'S DAY OBSERVANCE</p> 	<p>13</p> <p>Focus Group 10:00 - 11:00 Food for Thought 11:00 - 11:30 One-on-One Law Sessions 12:30 Ask An IRS Agent 12:30</p> <p>Chair Yoga 12:30</p>	<p>14</p> <p>Shopping at Geissler's 9:00 ACTIVE CLASS 10:30 - 11:15 Cribbage & Card Games 10:30 - 12:00 Breakfast at Stir the Pot Old State House/Conversations at Noon "WWII Letters" 9:30 - 2:00 Wii Zumba with Melissa 12:30 - 1:30</p>	<p>15</p> <p>MONTHLY SOCIAL 12:00 ENTERTAINMENT BY We Got Rhythm</p> 	<p>16</p> <p>IN HOUSE MOVIE "Cape Fear" 9:30 - 11:30</p> <p>Presentation - Diabetes A-B-Cs 12:30 - 1:30</p> 
<p>19</p> <p>Shopping - Walmart/Big Y Plaza 9:00 - 11:00 ACTIVE CLASS 10:30 - 11:15 Cribbage & Card Games 10:30 - 12:00 Knit, Tat & Chat 12:30 Wii Bowling 12:30 - 1:30 Art Classes 12:30</p>	<p>20</p> <p>Walking Club/Shopping Enfield Square 9:00 - 11:45 Coffee & Sharing with Sr. Center Team 10:00-10:30</p> <p>Chair Yoga 12:30</p>	<p>21</p> <p>Shopping at Geissler's 9:00 ACTIVE CLASS 10:30 - 11:15 Cribbage & Card Games 10:30 - 12:00 Craft Hour with Melissa 11:00 - 12:00 Wii Zumba with Melissa 12:30 - 1:30</p>	<p>22</p> <p>HAPPY THANKSGIVING! Center Closed</p> 	<p>23</p> <p>BLACK FRIDAY! Center Closed</p> 
<p>26</p> <p>Shopping - Walmart/Big Y Plaza 9:00 - 11:00 ACTIVE CLASS 10:30 - 11:15 Cribbage & Card Games 10:30 - 12:00 Knit, Tat & Chat 12:30 Wii Fitness with Melissa 12:30 - 1:30 Art Classes 12:30</p>	<p>27</p>  <p>Holiday Shopping Trip Christmas Tree Shops 9:30 - 11:30</p> <p>Coupon Cutting 12:30 - 1:30</p> <p>Chair Yoga 12:30</p>	<p>28</p> <p>Shopping at Geissler's 9:00 ACTIVE CLASS 10:30 - 11:15 Cribbage & Card Games 10:30 - 12:00</p> <p>Wii Zumba with Melissa 12:30 - 1:30</p>	<p>29</p> <p>Tai Chi 10:30 - 11:30</p> <p>Presentation - CL&P "Energy Bingo" 12:30 - 2:00</p>	<p>30</p> <p>IN HOUSE MOVIE "Butterflies are Free" 9:30 - 11:30</p> <p>Coupon Cutting 12:30 - 1:30</p>

10/16/2

SENIOR CENTER HOURS - MONDAY THROUGH FRIDAY 8:00 a.m. to 3:00 p.m.

SENIOR SERVICES 292-8262 TRANSPORTATION PROGRAM 292-8261 NUTRITION PROGRAM ON-SITE CAFÉ 292-8279

NUTRITION PROGRAM MEALS - ON - WHEELS 292-8279 WEBSITE WWW.EASTWINDSORCT.COM

